

THE PHYSICIAN'S GUIDE TO MANAGING EMOTIONAL PROBLEMS—A. H. Chapman, M.D., Visiting Lecturer, The Greater Kansas City Mental Health Foundation; formerly, Associate Clinical Professor of Psychiatry and Assistant Clinical Professor of Pediatrics, University of Kansas School of Medicine, and Attending Psychiatrist, The Children's Mercy Hospital, Kansas City, Missouri. J. B. Lippincott Company, East Washington Square, Philadelphia, Pa. (19105), 1969. 373 pages, \$11.00.

My initial reaction to this very practical book was to recall the Latin word *recipe*. This is a traditional psychiatric cookbook and I say this with gusto. The "common" problems are covered with extensive attention to details of treatment. As a case in point, conversion reactions are discussed from the "interpersonal viewpoint." Much of the advice is explicit, i.e., that the patient with conversion reactions should be counselled in reference to current stress rather than stress from the past has merit.

The book is in three parts: (1) The Emotionally Healthy Person, (2) Common Emotional Problems, and (3) Counseling in Medical Practice. There is great consistency in attention to advice about how to diagnose, evaluate and treat the patients commonly encountered.

The great strength of this presentation is in its lucidity and emphasis on a pragmatic approach to emotional problems. Most physicians should find it very helpful. There are many suggestions which reflect extensive experience with both children and adults. The subjects covered are dealt with in a manner calculated to maximize helping the physician to cope with the patient and his symptoms.

Perhaps as with all books which deal with people in a rapidly changing world there are omissions and a need for current material. The main defects of the book are in the lack of relevance to expanding knowledge of psychiatry and changing behavior on the current social scene. An example of the former is the discussion of the processes of mourning and the signs and symptoms commonly encountered, such as the fact that the mourner often imagines the deceased to still be alive. Practitioners need this knowledge, else they might be unduly alarmed or unnecessarily make a psychiatric referral. Two examples of our changing social scene: (1) the author recommends that all chronic users of marijuana should be referred to psychiatrists and (2) the notable omission of schizophrenia. My assumption is that he implies therefore all schizophrenics should be treated by psychiatrists. This is not possible and all physicians should know the scope of the problem which has increased since these patients are now mostly out of hospitals.

Finally, in this day of expanding care of people of diverse social class and race, some comments in this regard are needed. Not all patients fit the criteria given by this author and with increasing insurance coverage of all social classes, information about social class-linked behavior is urgently required.

JOE YAMAMOTO, M.D.

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THERAPEUTIC RADIOLOGY—Rationale, Technique, Results—Third Edition—William T. Moss, M.D., Professor of Radiology, Northwestern University School of Medicine, Department of Radiology, Chicago, Illinois; Director, Department of Therapeutic Radiology, Chicago Wesley Memorial Hospital; Chief, Department of Therapeutic Radiology, Veterans Administration Research Hospital, Chicago, Illinois; and William N. Brand, M.D., Associate in Radiology, Northwestern University School of Medicine, Department of Radiology, Chicago, Illinois; Assistant Attending Department of Therapeutic Radiology, Chicago Wesley Memorial Hospital. The C. V. Mosby Company, 3207 Washington Boulevard, St. Louis, Mo. (63103), 1969. 564 pages, with 303 illustrations, \$22.50.

It is fitting that one of the first fully trained and board certified Radiation Therapists in the United States should have written one of the first textbooks of radiation therapy. The book, *Therapeutic Radiology Rationale Technique Results*, when published in 1959 quickly became,

along with *Cancer* by Ackerman and Regato (Regato, incidentally being Moss' mentor) the standard textbooks of both trainee and practitioner of clinical radiation therapy. The third edition of the text merely strengthens the book's reputation as being the most readable, understandable and usable book in the field of therapeutic radiology.

The text is logically organized and explains well the rationale and techniques of the uses of ionizing radiations in the treatment of cancer. The effects of radiation on normal tissues and as related to the pathological state of organ or system considered for irradiation are well documented.

Without reverting to cookbookmanship, treatment techniques are discussed in enough detail to be meaningful both to the student, practitioner and observer of the art and science of radiation therapy. The entire book has been updated. Particularly updated and appropriated are the sections on Hodgkin's disease and cancer of the prostate.

The text is excellently illustrated and appropriately priced. Dr. Moss and the new coauthor, Dr. Brand, are to be complimented on their joint effort. The text is a must for the bookshelf of any student or physician anticipating seeing or consulting a situation dealing with cancer.

JEROME M. VAETH, M.D.

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EVOLVING CONCEPTS IN PSYCHIATRY—Edited by Perry C. Talkington, M.D., Psychiatrist-in-Chief, Timberlawn Sanitarium; and Charles L. Bloss, M.D., Medical Director, Timberlawn Sanitarium. (Being those papers presented at a seminar commemorating the fiftieth anniversary of Timberlawn Psychiatric Center, Dallas, Texas.) Grune & Stratton, Inc., 381 Park Avenue South, New York, N.Y. (10016), 1969. 170 pages, \$9.75.

Noteworthy is the fact that most of the contributors are, or have been, major figures in the American Psychiatric Association. They appear to have in common a sense of the eclectic viewpoint with strong roots in pragmatism, physiology, medical tradition, and 19th century liberalism. Presumably they have honored Timberlawn because it represents the pioneer spirit of early American psychiatry, the amalgam mentioned above, and perhaps its status as an example of free enterprise.

In general, the papers are brief and superficial. Although covering many of the major areas in psychiatry, they do not do justice to the theme of reviewing conceptual developments. The topics included are: The development of the private psychiatric hospital; objective aids to clinical interviews; biological research; college psychiatry; post-accident psychiatric syndromes; evolution of psychotherapy; psychiatry and the cultural elaboration of the secondary process; consultation between psychiatrists; ethical problems encountered in psychiatric practice; and an examination of the difficulties raised by the community mental health movement.

The one paper devoted to a detailed examination of a technique—"The Mental Status Examination Aided by Micro-analysis of Sound Film," by Henry Brosin—serves to illustrate the failings of the point of view represented by the symposium. There is a concern with detailed recording of the affects of both patients and therapists, the accumulation of considerable data, but the conspicuous and admitted absence of hypotheses to make it meaningful. Although acknowledging Freud's ideas about the conscious reflecting patterns of the unconscious, Brosin neglects the fact that Freud was not so much interested in exploring the diversity of conscious manifestations as in gaining an understanding of basic dynamic principles. Brosin hopes that the empirical data will provide significant patterns that will lead via computer analysis to new ideas or augmentation of current insights. Although the idea of exploring the relations between the different bodily